



S'mores Crème Brûlée



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

DESSERT

Ingredients

- ☐ 480 g egg whites
- ☐ 5 large egg yolks
- ☐ 460 g heavy cream
- ☐ 113 g semisweet to bittersweet chocolate 70% finely chopped (I used Scharffen Berger)
- ☐ 6 servings extra sugar for bruleeing
- ☐ 200 g sugar
- ☐ 1 teaspoon vanilla extract

Equipment

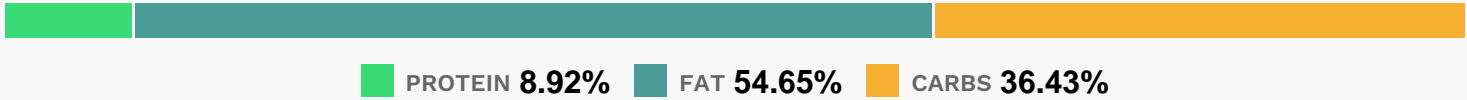
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ stand mixer
- ☐ broiler
- ☐ stove
- ☐ measuring cup

Directions

- ☐ For the crème brûlée: Preheat oven to 300 degrees F. Set out six ramekins and a roasting pan that will fit all the ramekins comfortably.
- ☐ Combine cream and 3 tablespoons of the sugar in a medium saucepan. Bring to a boil on the stove. Meanwhile, whisk egg yolks and remaining tablespoon of sugar together in a medium bowl. When the cream has just come to a boil, add chocolate to the saucepan and stir until chocolate is fully melted and combined with the cream. Slowly pour the hot chocolate mixture into the egg yolks, whisking constantly to prevent eggs from cooking. Strain mixture into a bowl or measuring cup. Divide custard mixture evenly among prepared ramekins. The mixture should come up just a little shy of the rim of the ramekins. Tap the ramekins lightly on the counter to get rid of any air bubbles.
- ☐ Place ramekins in roasting pan so they are not touching the sides. Fill the pan with hot water about halfway up the height of the ramekins. Carefully place roasting pan in oven and bake for about 25–30 minutes, until the custard appears set but still jiggly. If you are using wide, shallow ramekins (like the ones in my photos), it will take closer to 25 minutes. If you are using smaller, deeper ramekins, it may take a little longer to set.
- ☐ Remove from oven and carefully take out ramekins from roasting pan.
- ☐ Combine the sugar and egg whites in a medium metal bowl and place over a pan of simmering water.

- ☐ Whisk the sugar mixture constantly over heat until the sugar is dissolved and the mixture looks smooth and shiny, about 3 minutes.
- ☐ Remove mixture from heat and pour into a stand mixer bowl.
- ☐ Whisk on medium speed for about 5 minutes until the mixture has cooled. Beat on high speed until stiff glossy peaks form, about another 5 to 10 minutes.
- ☐ Sprinkle top of each ramekin with about a tablespoon of sugar. Use a kitchen torch or broiler to caramelize the sugar. Pipe or spoon the meringue over the top of the ramekin. Use a kitchen torch or broiler to lightly toast the meringue. Insert a few graham cracker pieces into the brûlée and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:31.65, Inflammation Score:-7, Nutrition Score:11.114347678164%

Nutrients (% of daily need)

Calories: 633.38kcal (31.67%), Fat: 38.93g (59.89%), Saturated Fat: 23.14g (144.6%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 56.87g (20.68%), Sugar: 55.13g (61.25%), Cholesterol: 240.76mg (80.25%), Sodium: 162.7mg (7.07%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.2mg (5.4%), Protein: 14.3g (28.61%), Selenium: 28.09µg (40.12%), Vitamin B2: 0.59mg (34.62%), Vitamin A: 1340.7IU (26.81%), Phosphorus: 160.72mg (16.07%), Copper: 0.28mg (13.82%), Manganese: 0.27mg (13.51%), Vitamin D: 1.99µg (13.28%), Magnesium: 48.1mg (12.03%), Iron: 1.74mg (9.67%), Potassium: 327.35mg (9.35%), Calcium: 86.68mg (8.67%), Vitamin B12: 0.5µg (8.41%), Vitamin B5: 0.83mg (8.28%), Vitamin E: 1.18mg (7.88%), Zinc: 1.04mg (6.92%), Folate: 26.95µg (6.74%), Fiber: 1.51g (6.03%), Vitamin B6: 0.09mg (4.35%), Vitamin K: 3.91µg (3.72%), Vitamin B1: 0.05mg (3.3%), Vitamin B3: 0.3mg (1.49%)